

Lyme Disease Treatment Guidance in Adults

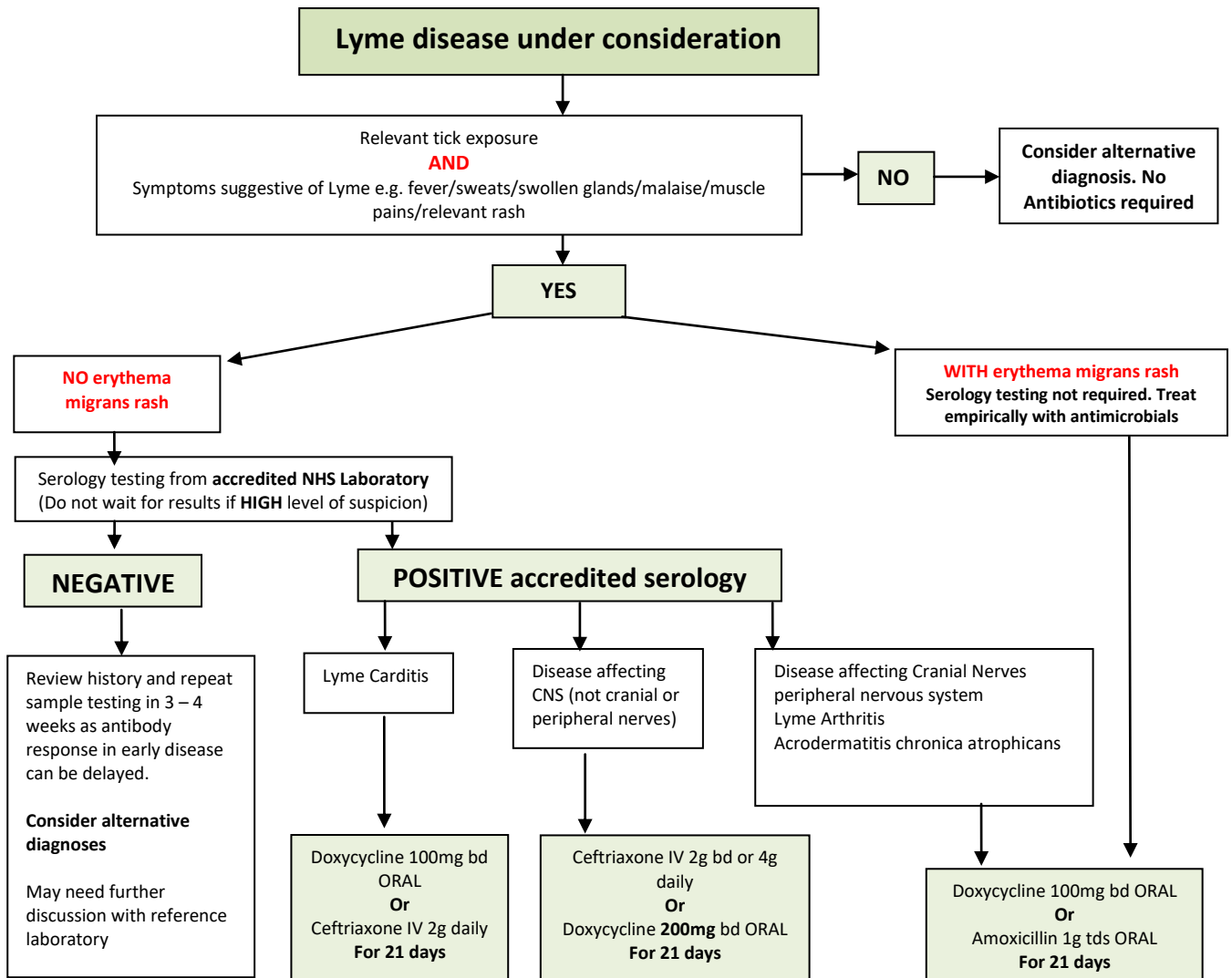
Key Points

- Lyme disease or Lyme borreliosis is a bacterial infection spread to humans when they are bitten by an infected tick.
- Erythema migrans is diagnostic of Lyme disease¹ and may present around 3 to 30 days after bite.
- Patients should be made aware of primary prevention of Lyme disease. [Tick Bite risk and Prevention cards. PHE](#)
- Symptoms of Lyme disease may take months or years to resolve even after treatment.¹

Resources

- [Suggested Referral Pathway for Patients. PHE](#)²
- [Signs and symptoms Information for Patients. PHE](#)²

Treatment³



- Patients who report persistent symptoms several weeks after completing full course of antibiotic therapy DO NOT need further treatment but should be referred for investigations/repeat sampling as appropriate

References:

1. Lyme disease: summary of NICE guidance. BMJ. April 2018
2. PHE. Lyme Disease. July 2015 <https://www.gov.uk/search?q=Lyme+disease>
3. NICE. Guideline. Lyme disease. April 2018 <https://www.nice.org.uk/guidance/gid-ng10007/documents/short-version-of-draft-guideline> <https://www.aldf.com/pdf/BIA%202011statement%20on%20Lyme%20disease.pdf>
4. Lyme borreliosis: diagnosis and management. BMJ. May 2020